



Effect of Yoga on Respiratory System

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ABSTRACT

The impact of yoga on human body system is wide-ranging and eternal. Every organ will be benefited if one practices yoga asana and pranayama, as our body is interconnected. Respiratory system is the most vital system in the human body. External environment (pollution, smog) and modern lifestyle especially city lifestyle is affecting our body adversely. In this article the impact of yoga on respiratory system is discussed.

KEYWORDS: yoga, yogasana and pranayama.

INTRODUCTION

The respiratory system includes the lungs, the bronchial tube, the nose and the air passages (larynx, pharynx, and trachea). It is mainly responsible in supplying oxygen and getting rid of carbon dioxide in the body it also allows us to speak. Oxygen is our life source and lack in the supply of oxygen in the body could mean death. The oxygen which is provided by our respiratory system is used by the hundred billion cells that compose our body, specially the brain. Among the diseases that affect the respiratory system are Asthama, Bronchitis, Cold and Respiratory allergies.

Yoga is related with health. With yoga, the mind and body can find relaxation and peace. Its benefits include maintaining good health and happy lifestyle. One style of relaxing the mind and body in yoga is through breathing.

For those who desire to live a long and healthy life, breathing 24hrs a day is extremely important. People who develop a good breathing is set to look better, get to finish more activity and have fun and lives longer

than others do. Breathing reduces physical and mental fatigue, chest pains and the risk of heart attack.

Yoga for respiratory health.

For a good life ,you need a good breathe. Yoga increases the efficiency of breathing. Both yoga asanas and yogic pranayama helps in maintaining the health of respiratory system. Yoga asana and pranayama can help with mild asthma ,improving breathing efficiency and many other allergies related to respiratory system.

Yogic management of Respiratory problems: Satkarma :

As a house stands firmly on its foundation, the same way, in the yogic journey our body needs a strong foundation that becomes the base for whole practices of yoga. The base here we talking for our body is the **cleansing of our internal system of organs**. In the yogic tradition, this cleansing is known as **Shatkarma or Shat kriyas**.

Modern science says, our internal organ comprised of 11 major systems includes **circulatory, respiratory, digestive, excretory, nervous, and endocrine systems**. To make sure the healthy & proper functioning of the body as a whole, the cleansing of organ systems is very important on a regular basis.

the cleansing process(yogic purification)

- 1) **Jalneti** : it cleanses the nasal passage by removing mucus and pollutants from the nasal passage. It helps in colds and sinusitis.
- 2) **Sutraneti**: it relieves from the symptoms of cold and headache. Helps in insomnia and ENT care
- 3) **Kunjali**: it helps with throat disorder problems and is a blessing for asthma patients.

Practices of sukshma vyayam : The simple, gentle joint movements are very useful to improve blood supply towards the different parts of joints like cartilage, ligaments etc. These joint movements are very significant if performed early morning. These also help to drain the toxic materials in the interstitial spaces related of the joints. The most important and special facet of Yogic Sukshma Vyayama is that every body part (muscle, joint and organ) is taken care off.

it is the ancient yoga practice for the absolute relaxation of joints and muscles.

- 1) Visuddhi chakra suddhi
- 2) Buddhitathadhirti Shakti vikasaka
- 3) Vakshasthala Shakti vikasaka.

These are the sukshma vyayam which helps in relieving problem of respiratory system.

Asanas useful for respiratory system:

Asana is the physical practice of yoga poses. In addition to referring broadly to the physical aspect of yoga, asana can also be used to describe a particular pose, as in, "The handstand is an asana that is really hard for me," or "This flow consists of a series of standing asanas."

What most people call yoga could more specifically be called asana. Yoga has eight limbs. Besides asana, yoga also encompasses pranayama (breathing exercises), dhyana (meditation), yamas (codes of social conduct), niyamas (self-observances), pratyahara

(withdrawal of the senses), dharana (concentration), and samadhi (bliss).

Asanas are performed to improve flexibility, strength, and balance.¹ Asanas— or yoga poses—help the body's joints, ligaments, and muscles strengthen through movement. A regular yoga practice can, over time, increase flexibility and mobility, lubricating the spine and alignment to aid in everyday activity.

All yoga poses are performed in conjunction and in sync with the breath, such as Ujjayi breath. When you combine breathing techniques and focus, these asanas can also help relieve stress and anxiety. The poses are not meant to simply be physical exercises but rather used holistically as a mind-body practice to improve physical, mental, and spiritual health.

A regular asana practice can also help in strengthening the immune system² and in improving blood circulation throughout the body.³

Through a dedicated practice and with time, the body can experience noticeable improvements and benefits from asanas.

1. Bhujang asana: the cobra pose, it strengthens the mind and help stretch out the chest and lungs. Gives relief from asthma.

2. Matsya asana : the fish pose, helps in strengthening the lung muscles. It also helps in better circulation of blood.

3. Padma sarvangasana : the inverted lotus pose helps in proper expansion of chest and it allows easier passage of the air to the lungs. Also help in strengthening of reproductive system.

4. Ardha matsyendra asana: this is extremely beneficial in providing relief from breathing difficulties, stress, and tension.

5. Sukh asana: it stimulates the blood flow to the lung and also washes out the harmful toxins from the lung muscles. Also helps in treating cough and cough symptoms.

Pranayam useful for respiratory system:

When pranayama is combined with yoga, which is a group of spiritual, mental, and physical poses or asanas aimed at unifying the mind and the body and bringing harmony between them, it leads to one attaining supreme control of the mind over the body, liberation, and self-purification. The lack of a constant flow or

blockages in one's breath is said to lead to a ruffled state of mind, feelings of perturbation, stress, and inability to control one's emotions. Not paying attention to one's breath and how it flows through the body may also lead to obstructions in the chakras i.e. the energy centres of the body. This often results in physical manifestations in the form of several illnesses and disorders. Pranayama asanas can be practiced as either distinct breathing exercises i.e. without yoga poses or can be done between the asanas.

- 1) NadiShodhanPranayam: it clears blocked nostrils, people suffering from cold and cough gets benefits from this. It also removes tension and worries. Gives feeling of peace.
- 2) Kapalbhathi: it cleanses capillaries, helps in asthma, chronic bronchitis and other nervous disorder, it cleanses the nasal passage and helps in purifying the frontal portion of brain.
- 3) Bhramri: clears the throat and nasal passage infections, clears the voice. Make the mind joyful.

Meditation: Om chanting and Om meditation should be followed.

Impact of yoga on respiratory system

A lot of research has been done in this field, doing yoga will lead to:

- 1) Respiratory rate becomes slower and deeper which results you feel more calm and relaxed.
- 2) Lungs absorb more oxygen than normal
- 3) Diaphragm becomes stronger
- 4) Removes impurities from breathing tube.

CONCLUSION:

Yoga is the oldest and the most effective exercise. Yoga helps to improve one's lifestyle. Just by adding yoga whether its asana, pranayama or meditation one can live healthy and peaceful life. It helps in balancing the physical as well as mental health. The aim of yoga is to attain physical, mental and spiritual health. In this fast moving world yoga helps you to be present it increases your memory helps you to focus better also helps in making better decisions. In only 4 weeks you can see or feel good changes in your physical, mental and spiritual health.

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